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AUTHOR Pulu, Tupcu L.; And Others
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ABSTRACT

This illustrated reader is the third in a series of three beginning health books designed for use in the Alaska State-Operated Schools' bilingual education program. Two versions are provided, one in the Inupiat dialect of Shishmaref, Alaska, and the other in English. Both are illustrated with black and white drawings. The reader provides, in the form of a classroom dialogue, basic nutritional information relevant to the culture of the area. (CLK)

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Inupiat Kigiqtaq

TIMIPNUN NAGUATUN NIGIKSHAT

Written by
Participants in the Athabaskan
Summer Workshop, Fairbanks, Alaska

With
Tupou L. Pulu, Bilingual Programs
Specialist
Mary L. Pope, Materials Development
Specialist

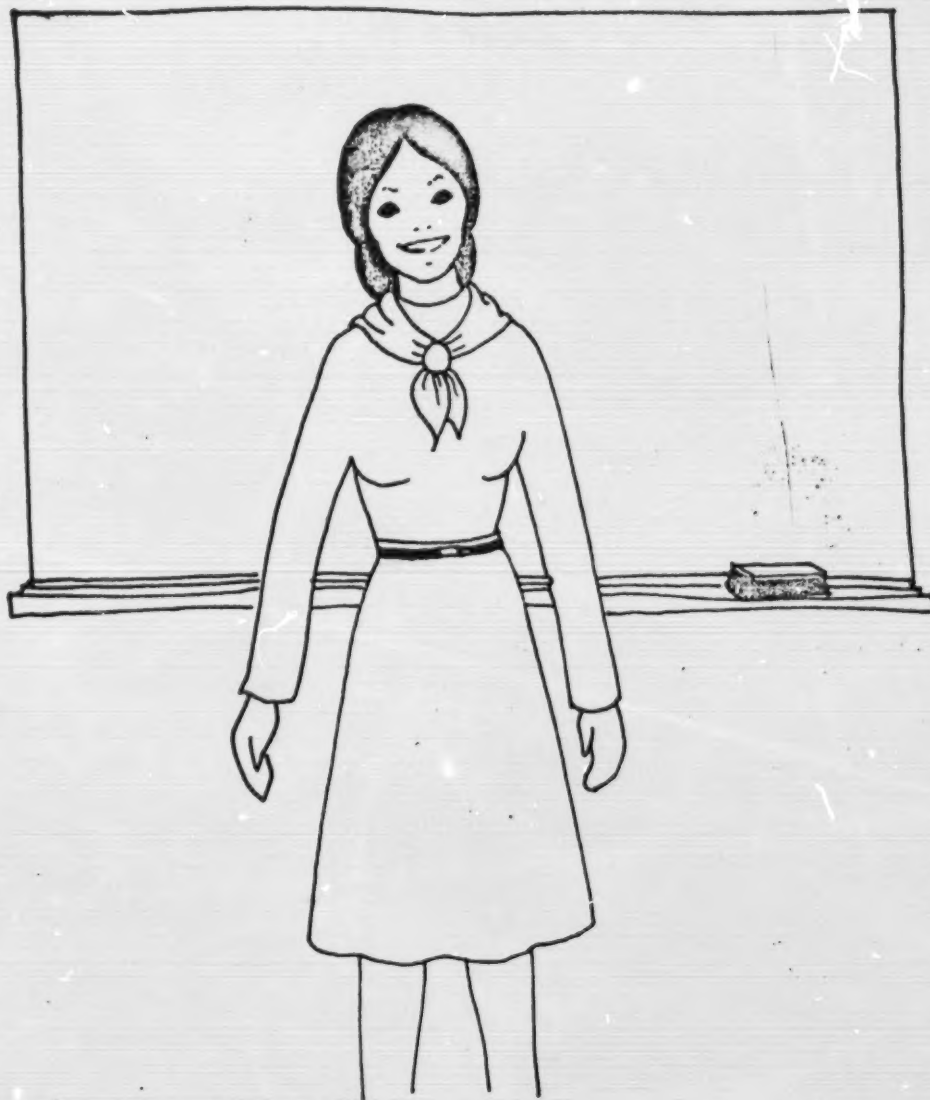
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Johnson Eningowuk, Bilingual Instructor
For use in Shishmaref, Alaska

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J. Leslie Boffa

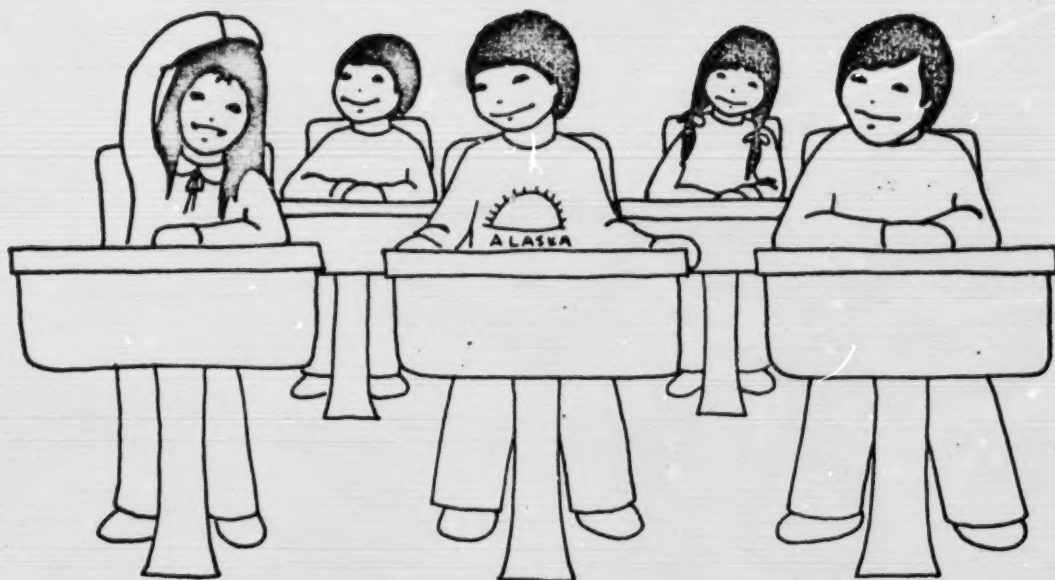
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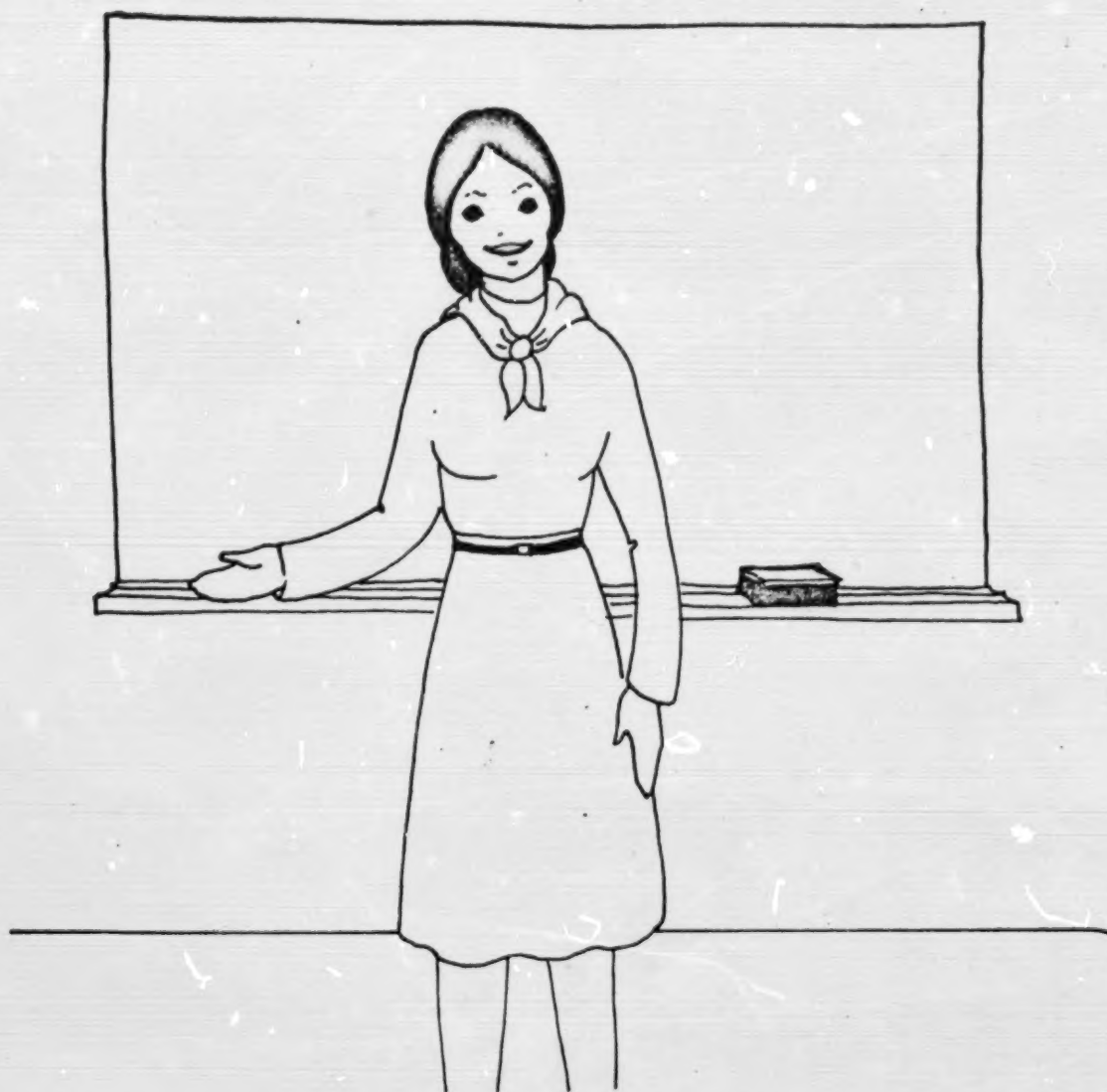
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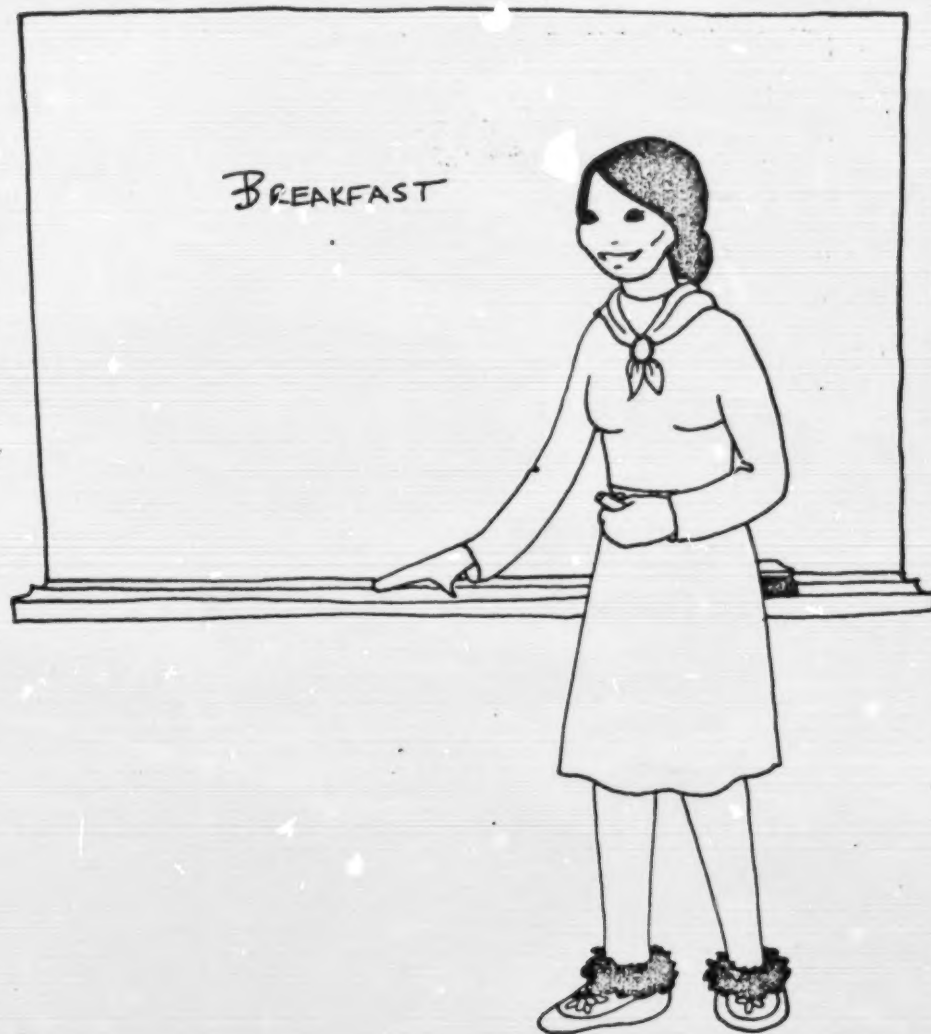
Anna: Halau! Qingutilautuut tani. Ilisimavin
qanusimik qaniqtuqtiglaaqut ublumini?



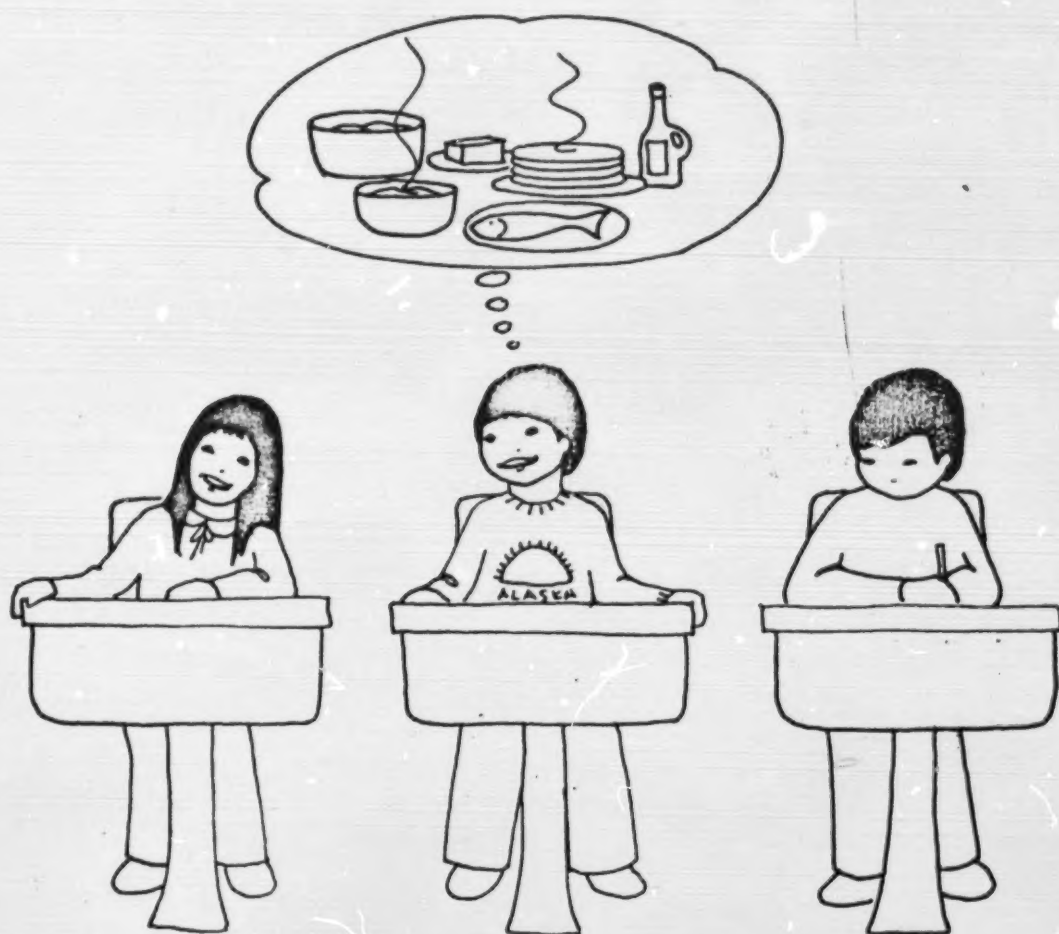
Sue: Iya', Anna. Puuzugilaut. Nigikshaniq
qaniqtuqtuut. Ilisaaliugiut nigikshat
naguuzhuat uaptignun.



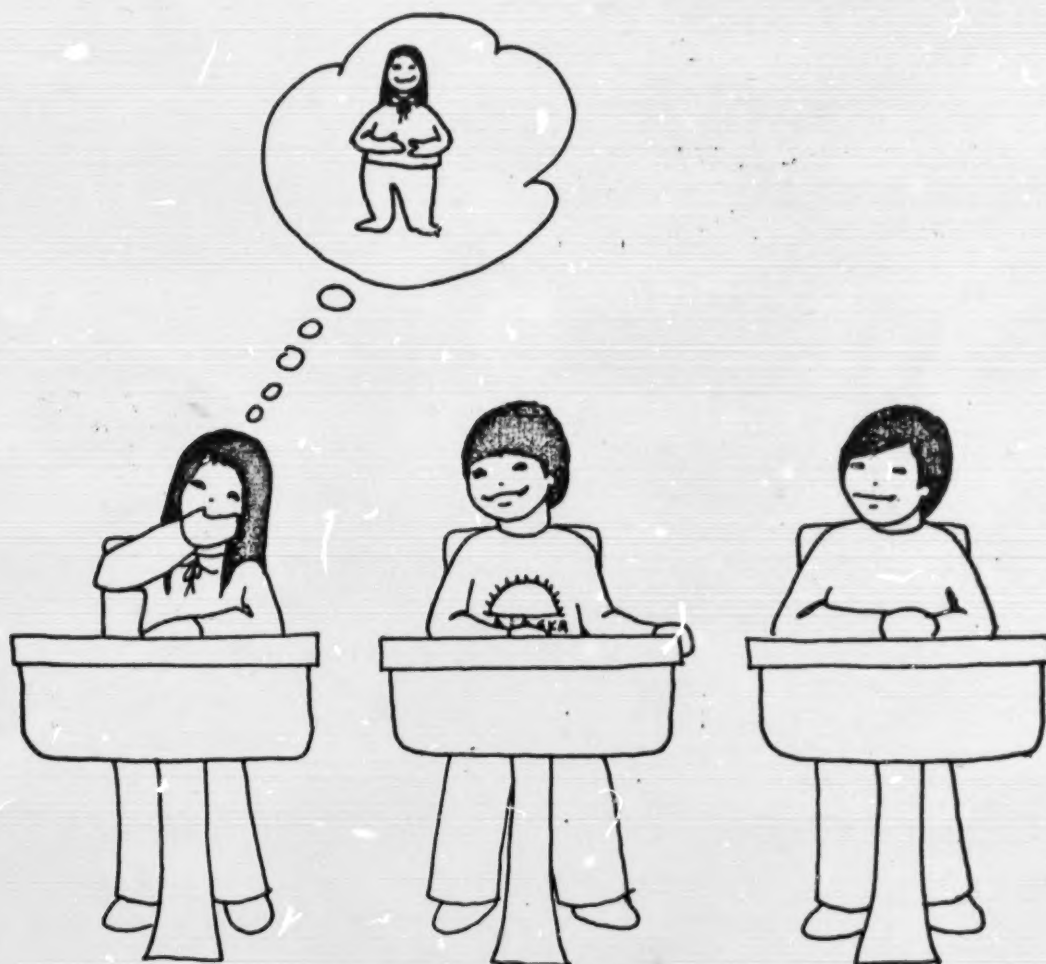
Anna: Iya', tazha. Ilait niġikshat naguqpauszut
ilipnun. Ilait niġikshat aziuzhut ilipnun.
Atikaa samma qaniqta niġikshanik naguuzhuat
ilipnun.



Anna: Qaniqtuqtuut naganik niginaatuanik
uvangaami. Qanusinik tuvautaataqpita?
Tom, ilisimavin?

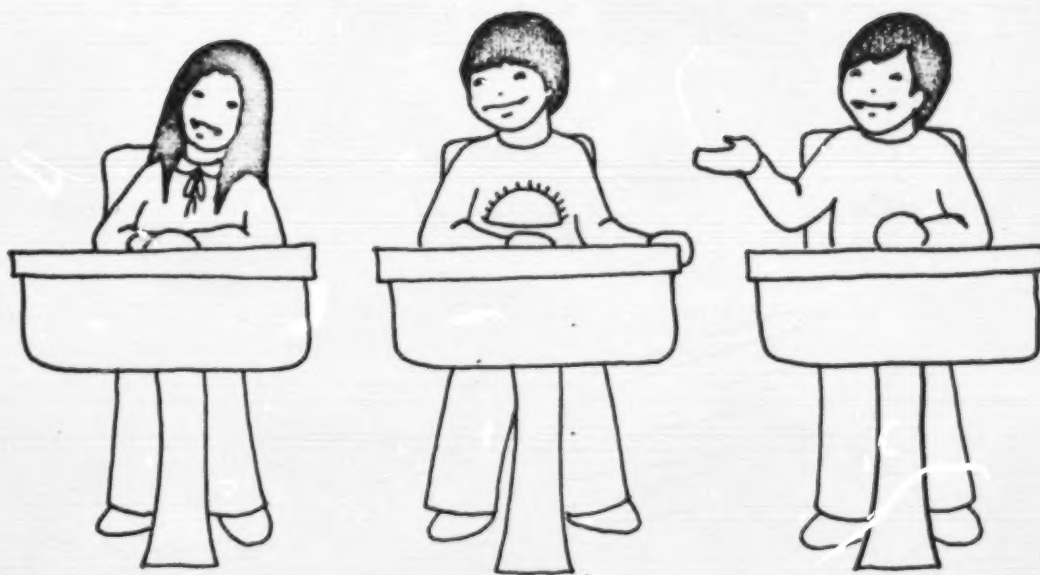


Tom: Iya', Anna. Tuvataḡignaatuaniḡ ilisimazhuḡa.
Mazhaa suwait, massaḡ, azhgivait pazhalḡit,
sazhaigḡit, iḡaluit, suli agutuḡ suwaḡnik
pilliuqsimaḡtuḡaḡ.



Anna: Ha! Taamna tuvautauraanagiatuq!

Sue: Anna, kagjiinguaqtutin. Iluqnaita
nigilangilaut iniqtuu ublaami!

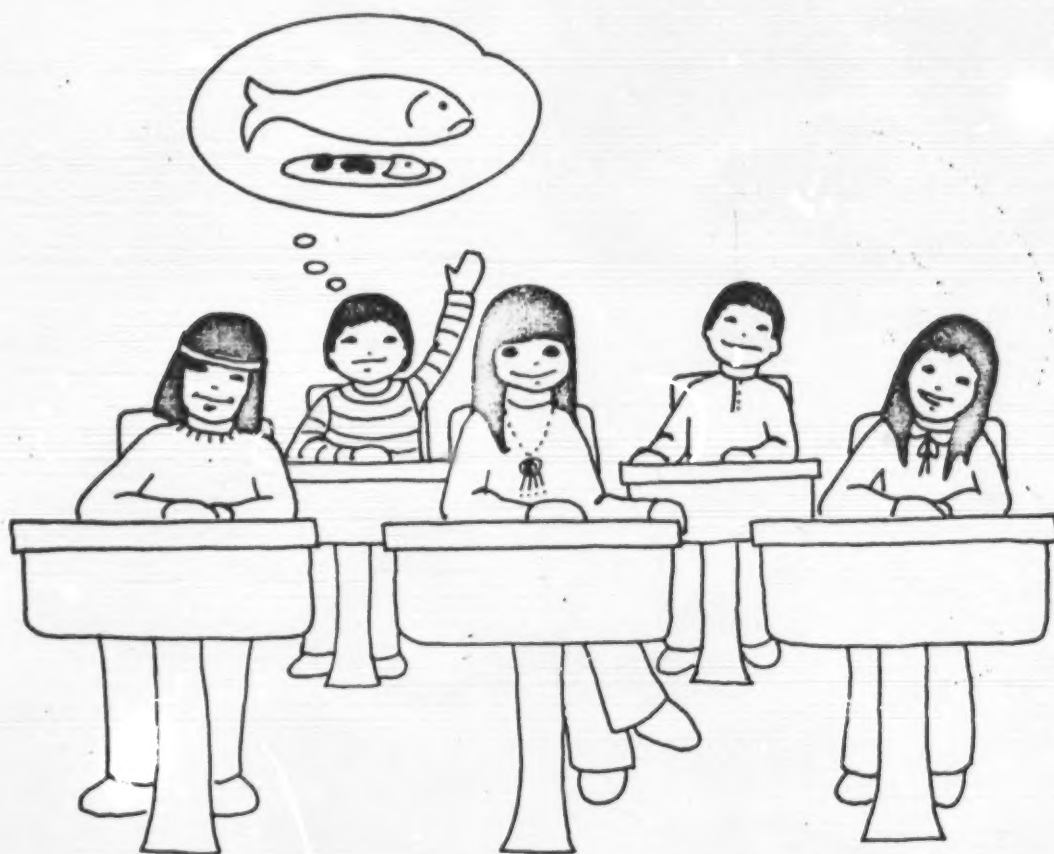


David: Tuvautaguluuraataqtuut qilamizukhapta.
Innautam minaqtainik nigilaatuut.



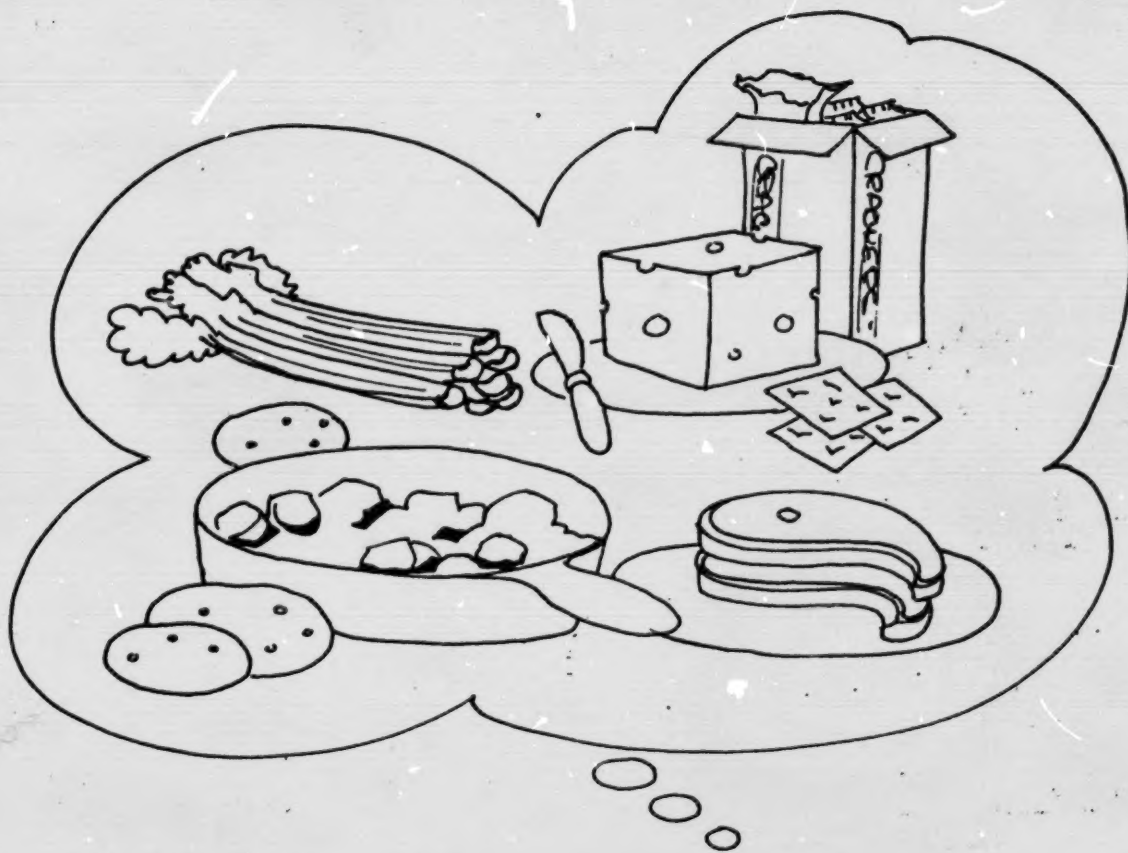
Anna: Alugnik suli qanigilatin. Alugnik suli
nigizhaatuakshauguzhuut.

Jane: Aluguuzhuut, Anna. Aziaqtautaqtuut.
Nunivalgiaqtaatuguzhuut uvanqami.
Ugiumun aaqigzisuuzhuut. Aziat nagaqpauzhut.



Anna: Qitiquututuni qanusit nuguatun nigikshauvat?

Sammy: Ilisimazhuga, Anna! Igaluit uumatait tiguit
suli niaquit!



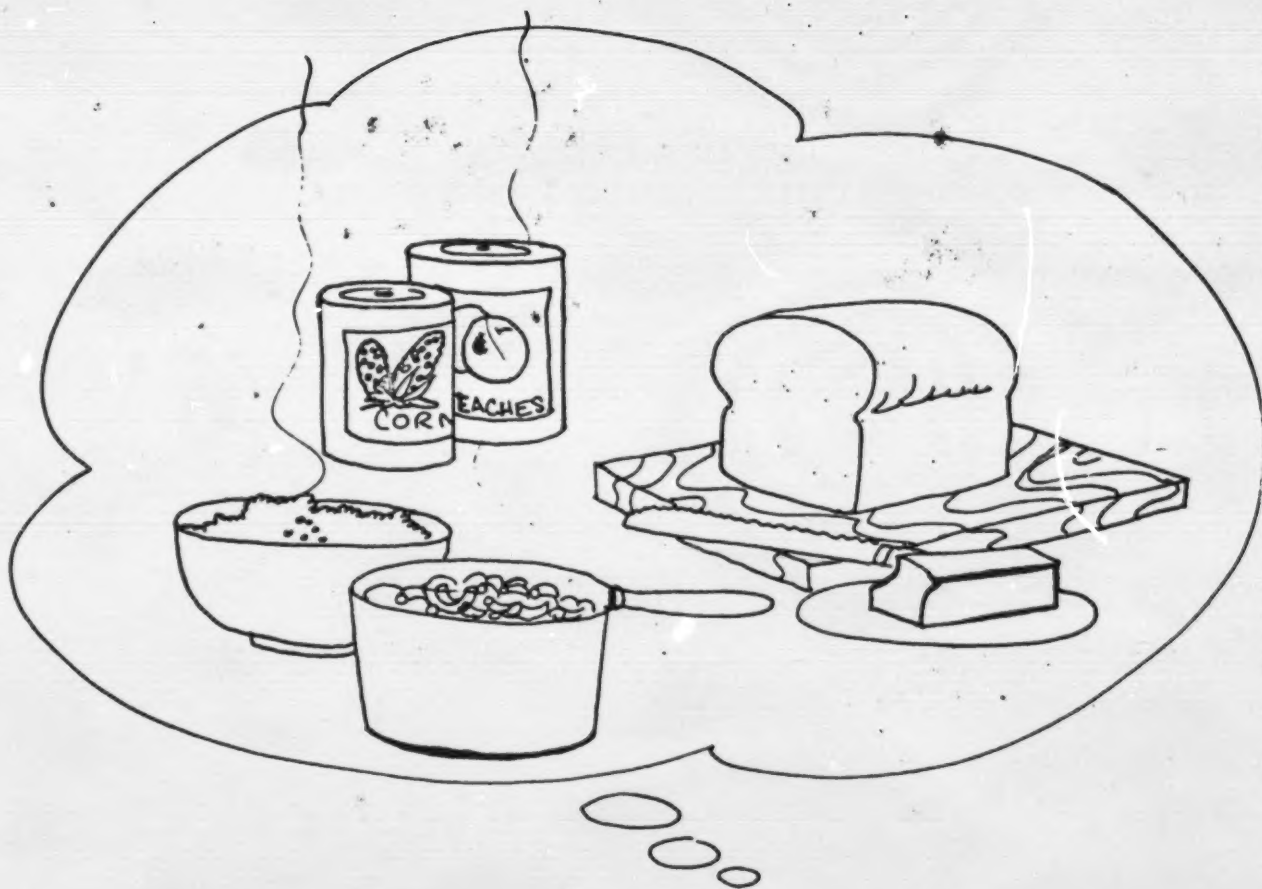
Anna: Iluagan. Aglaan ilaunaanagitin taapkua.

Janet: Mazhaa aluigat, chiisalgit qaqulaat, utqit
suli nigipiat.



Anna: Tamatkua nagatun nigikshauzhut. Innautatuni
qanusit naguatun nigikshauvat?

Sammy: Qitiquutaġapta nigikaavut naguaqpauzhut tauq
innautaġuktuni.



Anna: Iluaġan. Naguatun nigikshat suli ilaqaatut.
Mazhaa qatausigaġmiutat aluit, nunamiutat,
raisiq, qaqiaq, pazha suli maakaruunat
chiisalgit.



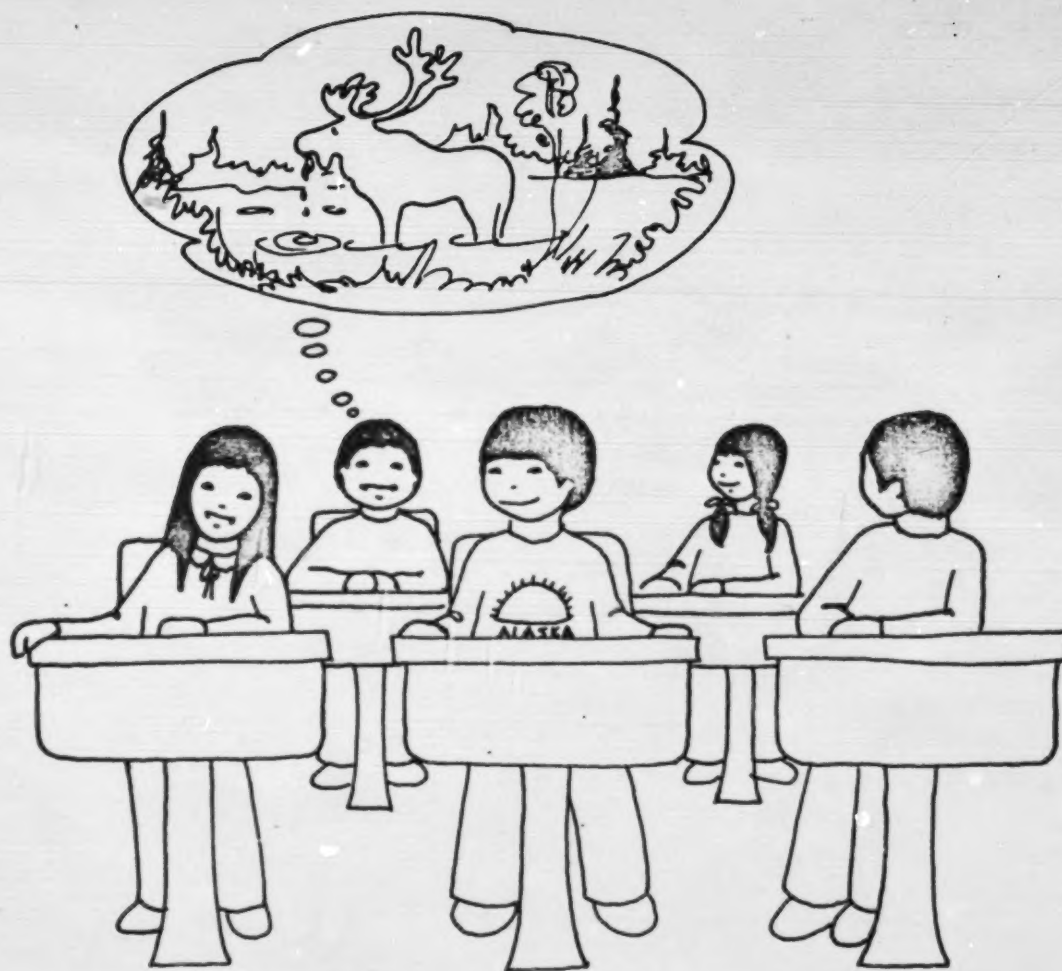
John: Anna, qanusinik imiqtaatik-paaqut ilisimavin?
Imiqtaatuut kuulaignik, paapaniglu. Naguu!
Kia imigli pakmami.



Anna: Qanusiq imignaatuq naguusugaqpa ilipnun?
Kitu ilisimava?

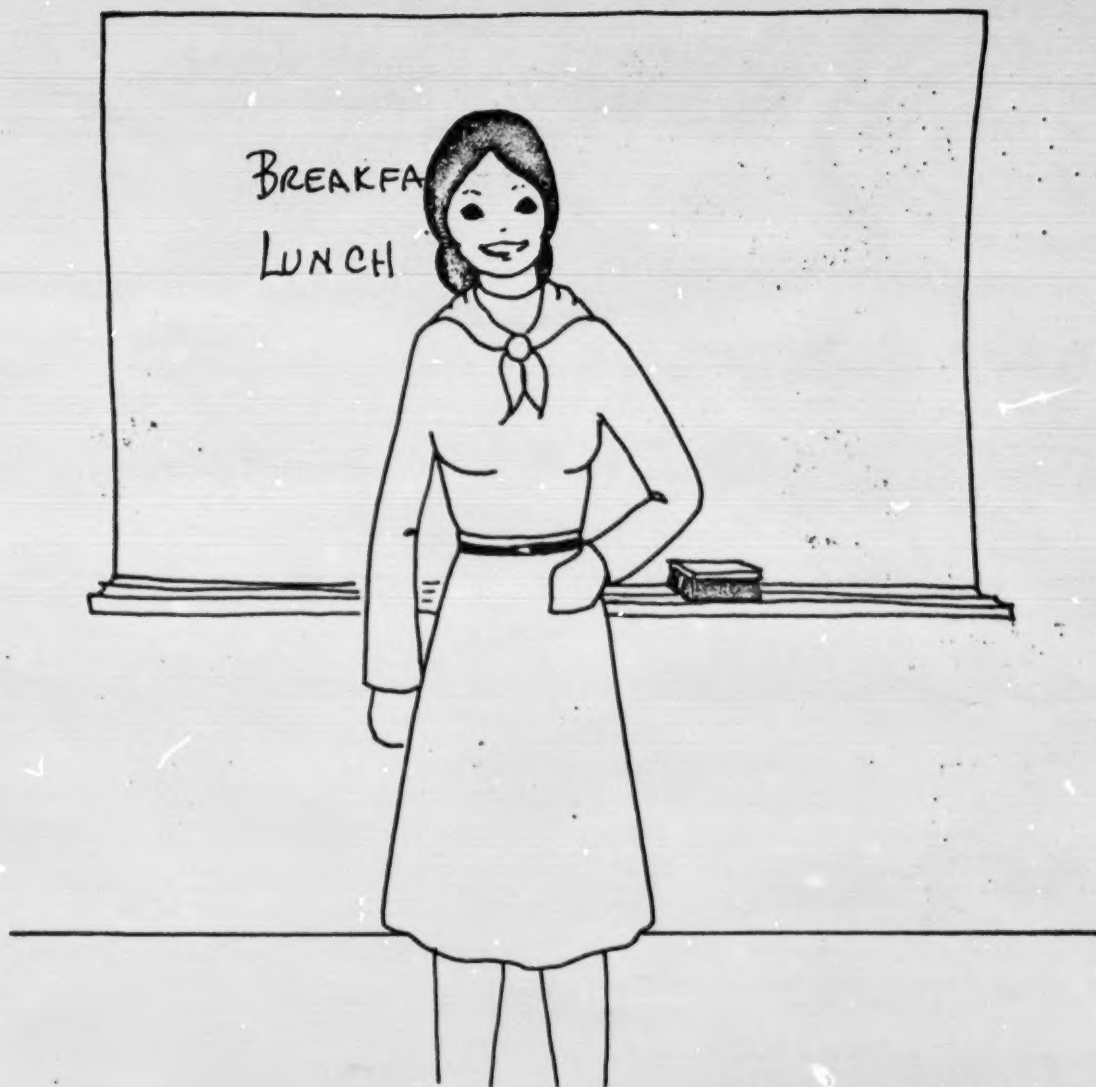
David: Ilisimazhuga, Anna. Immuk!

Anna: Iya', David, immuk naguaqpauzhuq ilipnun.
Imigaq suli naguaqpauzhuq ilipnun.

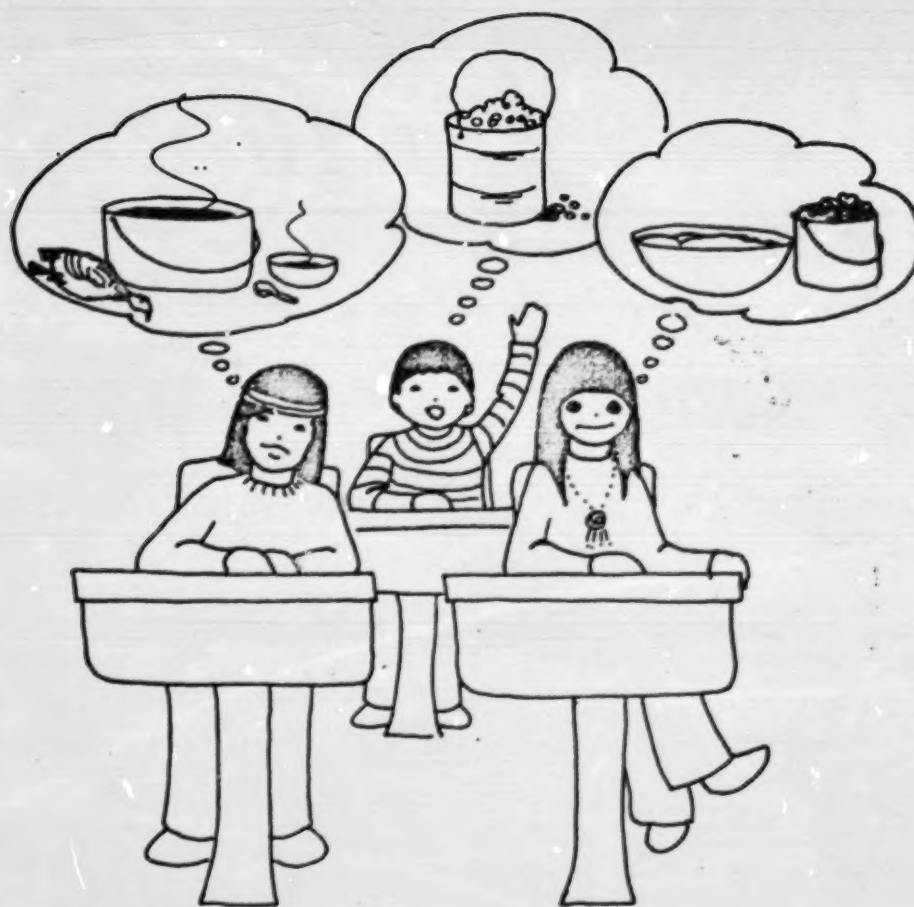


Anna: Ugiukshamik qaniqta. Ugiukshami
qanusinik nigilaavita?

Bill: Tuttuaqtaatuguzhuut! Nagaagiiga
tuttuaqtak. Tulimait nagaagaivakiga.



Anna: Iluaġan, Bill. Tuttuaq-tat ugiukshami
tazha niġikshat. Ilaqaatut suli ugua.
Qanusiuwat?



Sammy: Aziat!

Jane: Aakaga agutaliuqtatuuq azianin.

John: Aakaga suupaliulgauvaktuuq!

Tuttuaqtanin unniin ugalinin unniin
navaaqtum agazhgianin suupaliugaatuq.

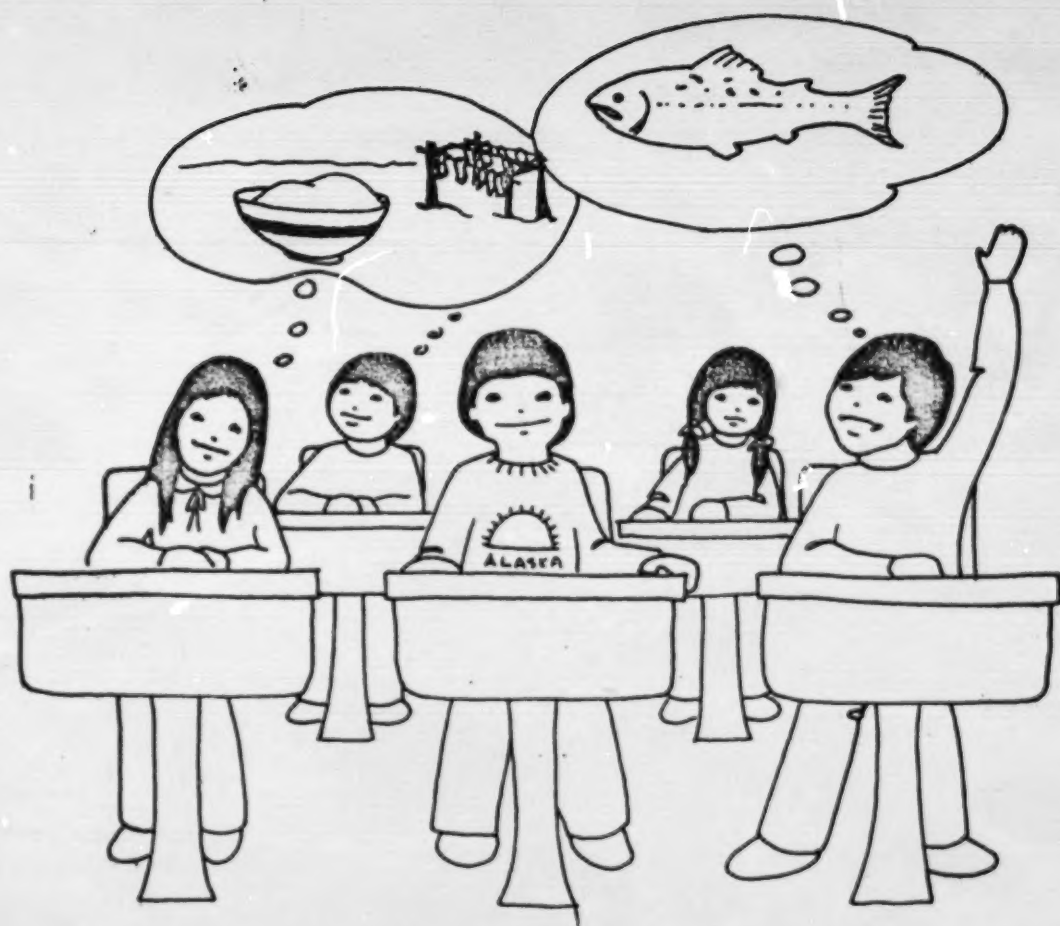


Tom: Aa, navaaqtum agazhgii, tiqmia, niglit,
agazhgitu nagaagiitka!

Billy: Qaqizhilaagai aakama.

Mike: Aakama tauq!

Sue: Aa, Anna, ilisaaniq tamna nagaagiikut!

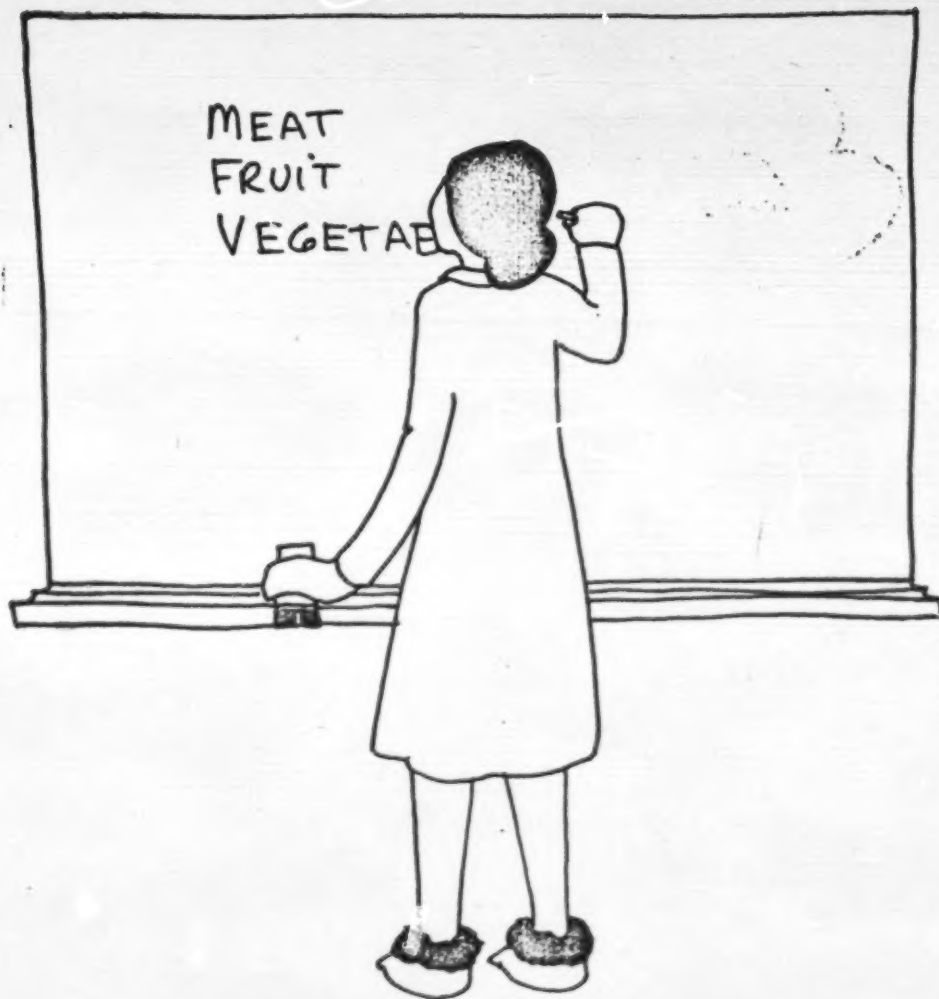


Anna: Ugiumik qaniqta. Ugiumi qanusinik nigilaavita?

Class: Igalugzhuam nazhaanik! Pupshizhat! Aniumin
agutuliuqtamik! Igalugzhuanik!



Anna: Iya', iluqnaita tamatkua. Suli puuzaunak,
niġituinaataġiut qatausigagmiutat nunamiutatlu
aluġitlu suli iyanaatuat aluit.



Anna: Nigilaḡumausi aḡagianaqtuanik. Saggizinaatuanik
 nigilaatuakshauzhuzi. Ubluni saggizinaatuanik nigilaḡazaatuasi,
 nunamiutaniglu, nigipianiglu.



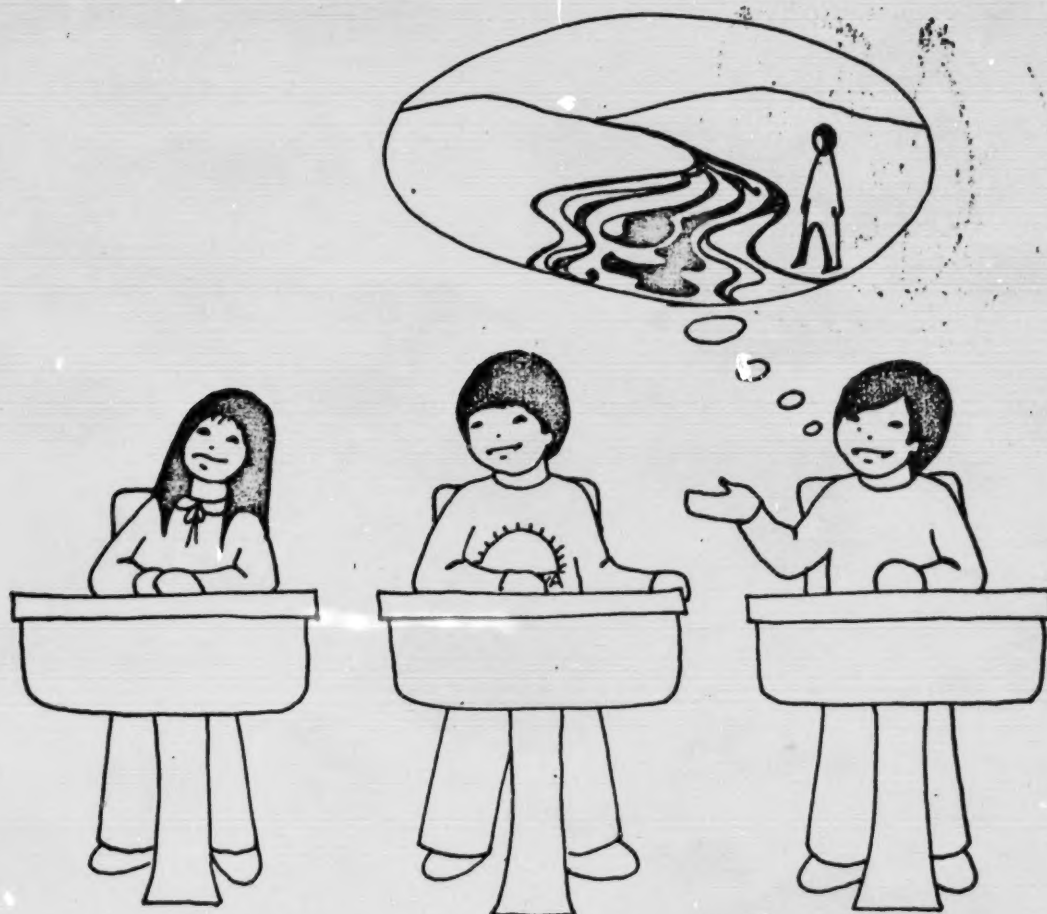
Anna: Uvanġagzhami niġikshanik qaniqta.

Bill: Ilisimaviġġia una, Anna. Uvva
kivġaluk. Ilaatni paluqtaatuġuzhuut suli.



Janet: Anna, suwami ilait nigikshat agutinun
pikshaginauvat, ilaitlu agnanun pikshaginauvat?

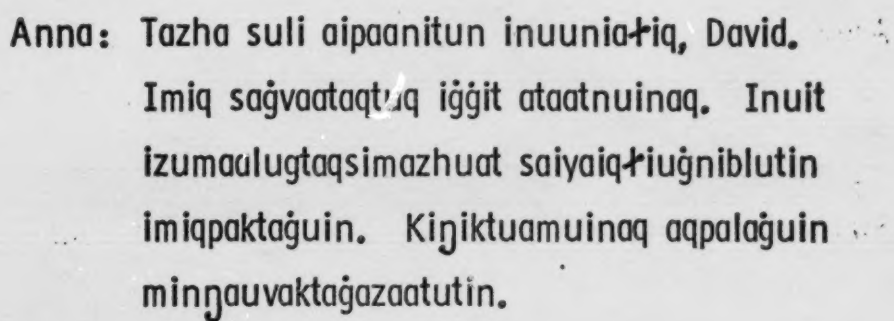
Anna: Aipachi aglaan tazha inuuniaqtaq. Inilgaan
qaqczuagzhuum tiliugai qanusit nigikshaginazhuat
agutinun.

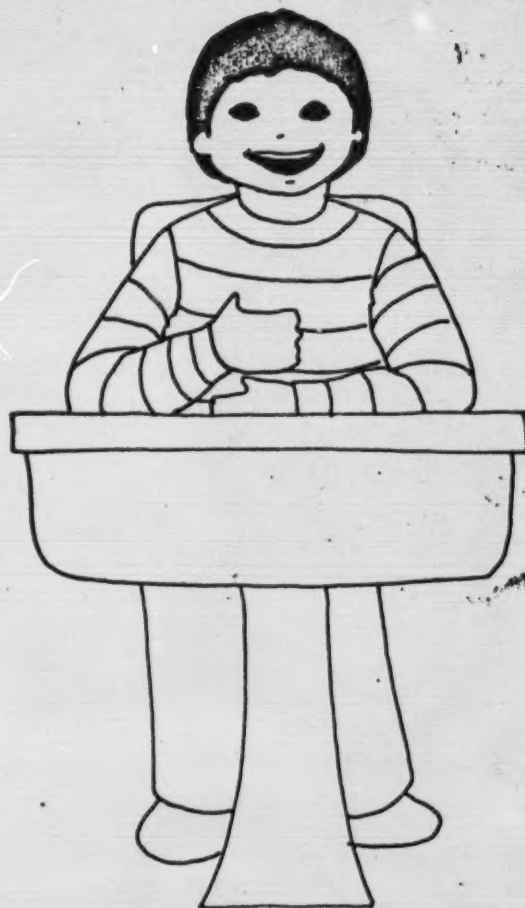


David: Anna, aipaanitun inuuniaqtat
maliġuaqtuinaataq+iuqpitiig?

Anna: Atta. Aanan Avanlu avuqshuġumaikin.

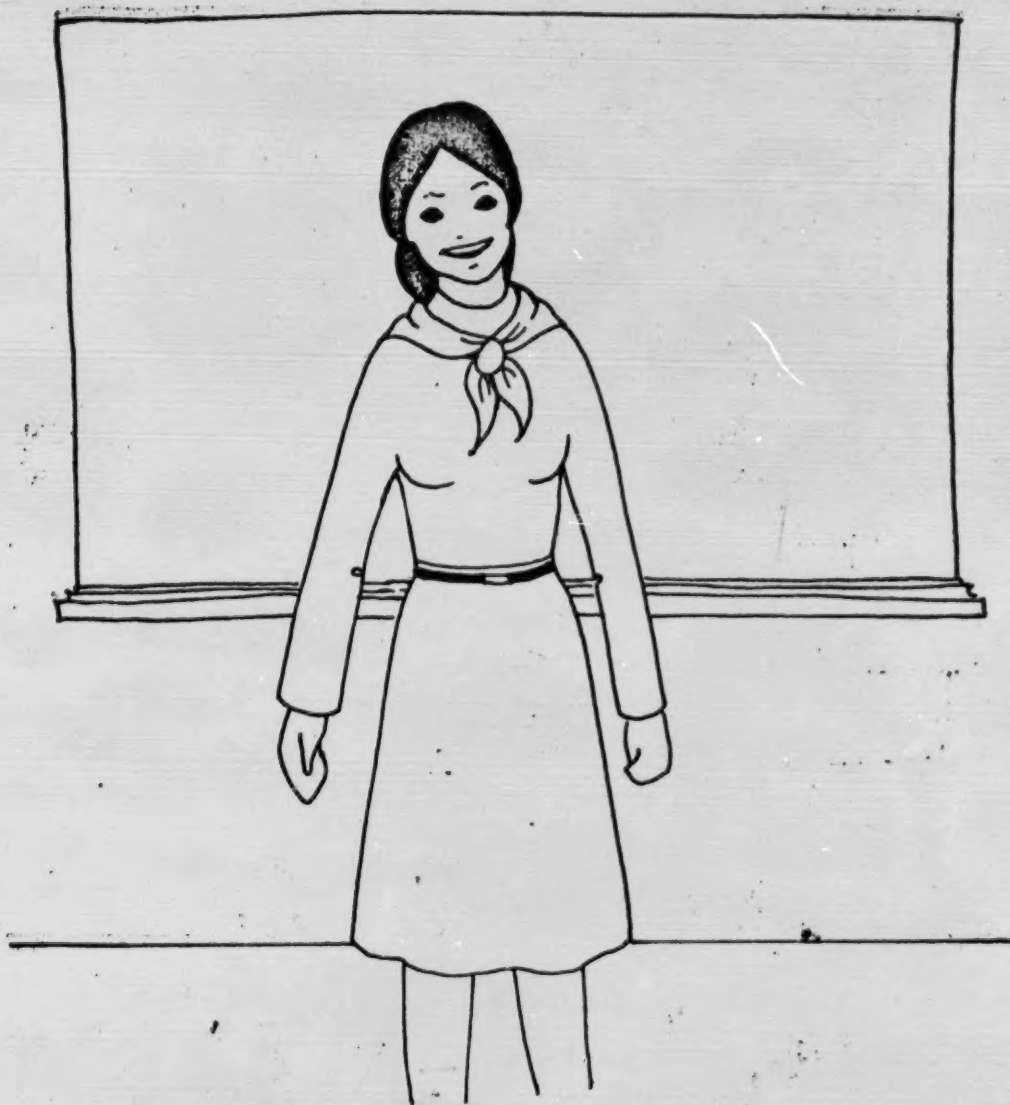
David: Anna, Avama imiġpaktaqugilaaga.
Suami taimana pia? Uziġi imiġ
naguuzhuq uaptignun.



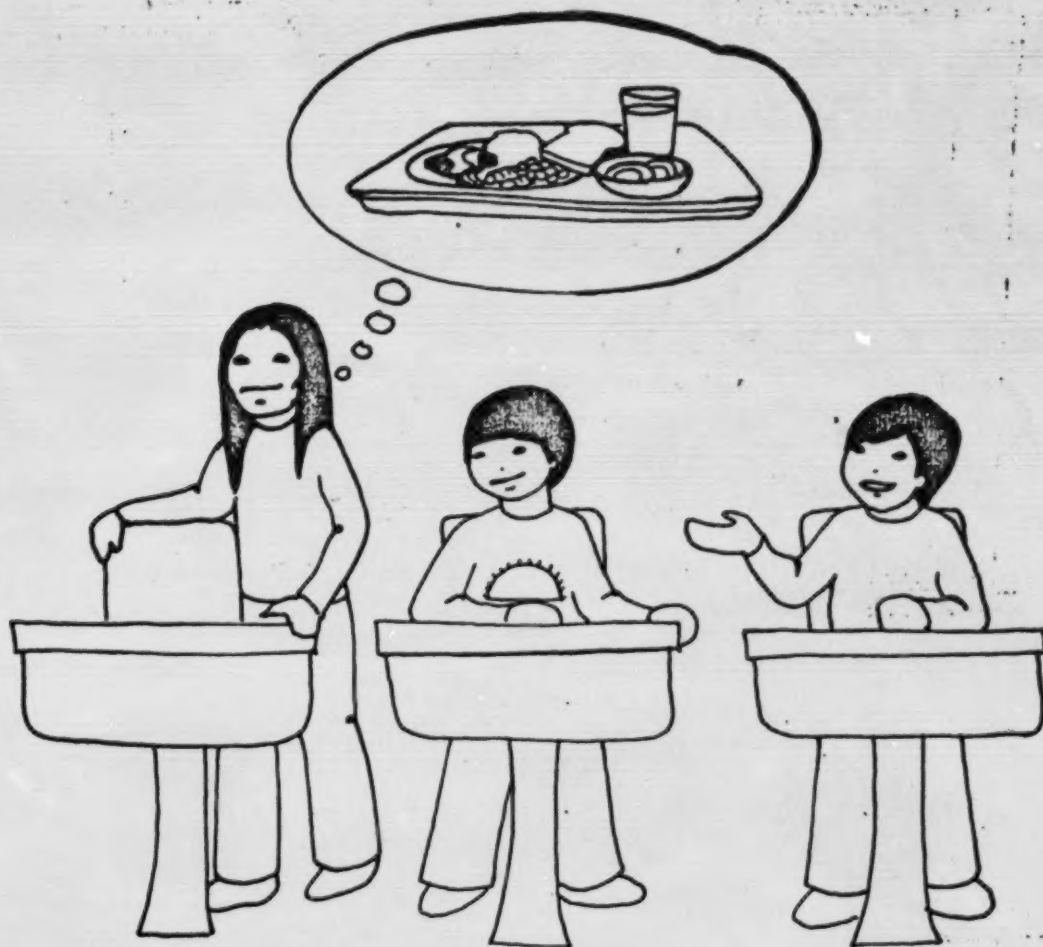


Anna: Uvangaagzhami nigikshanik akuni qaniqtuut.
Qanusiniglu samna ilalui quliitilguviga
uvangaagzhami nigikshanik?

Sammy: Anna, nigikshanik taizualgualuaqtuga ubluq
iluqnaan. Aglaan kaagniuqtilatagaaga!



Anna: Qitiquutaanaqsiugnaatuq. Qanusaituq[†]iuqpita
u[†]lumini? Sue, avuqshugiaqtugug iyazhi
qanusimik iyapmalaagan.



Sue: Anna, iyazhi pizhuq nigipiaq qaisaalik,
utgit, qaquluit, qaqiaq pazhalik, aluit,
suli immuk.

Anna: Iluqnaita taapkua nigikshat naguaqpauzhut.



Class: Qitiquutagiatuunaqsiyaatiut. Quyaana
tamaungatuatin, Anna. Utiqtuqpin suli?

Anna: Utiqtuqtuga suli ugiugu. Ipqaumiiraaluu
ilipnik munagiiragumautin.

GOOD FOOD FOR YOUR BODY



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Mary L. Pope, Materials Development
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Illustrated by
J. Leslie Boffa

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Baxter Wood, Director

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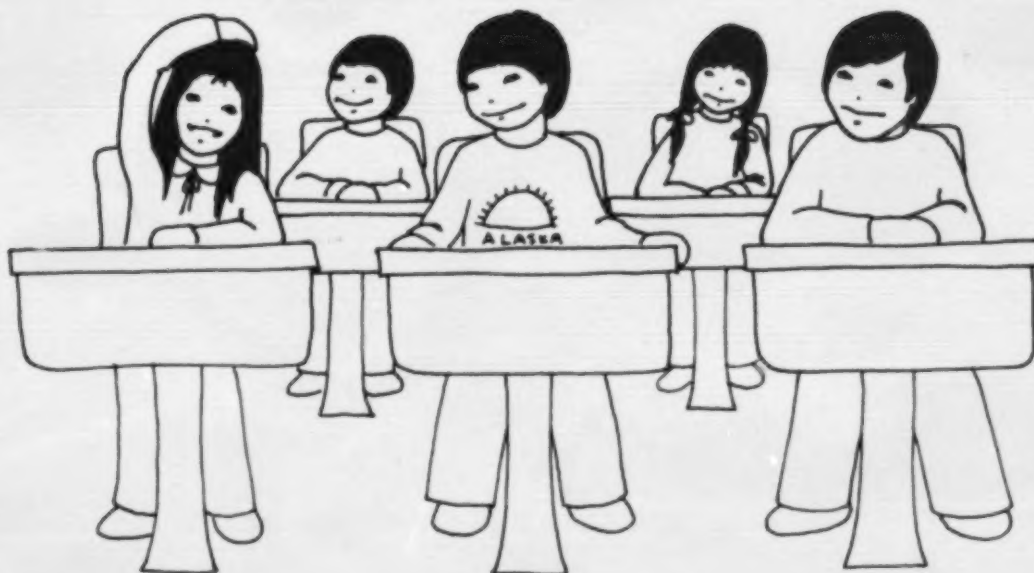
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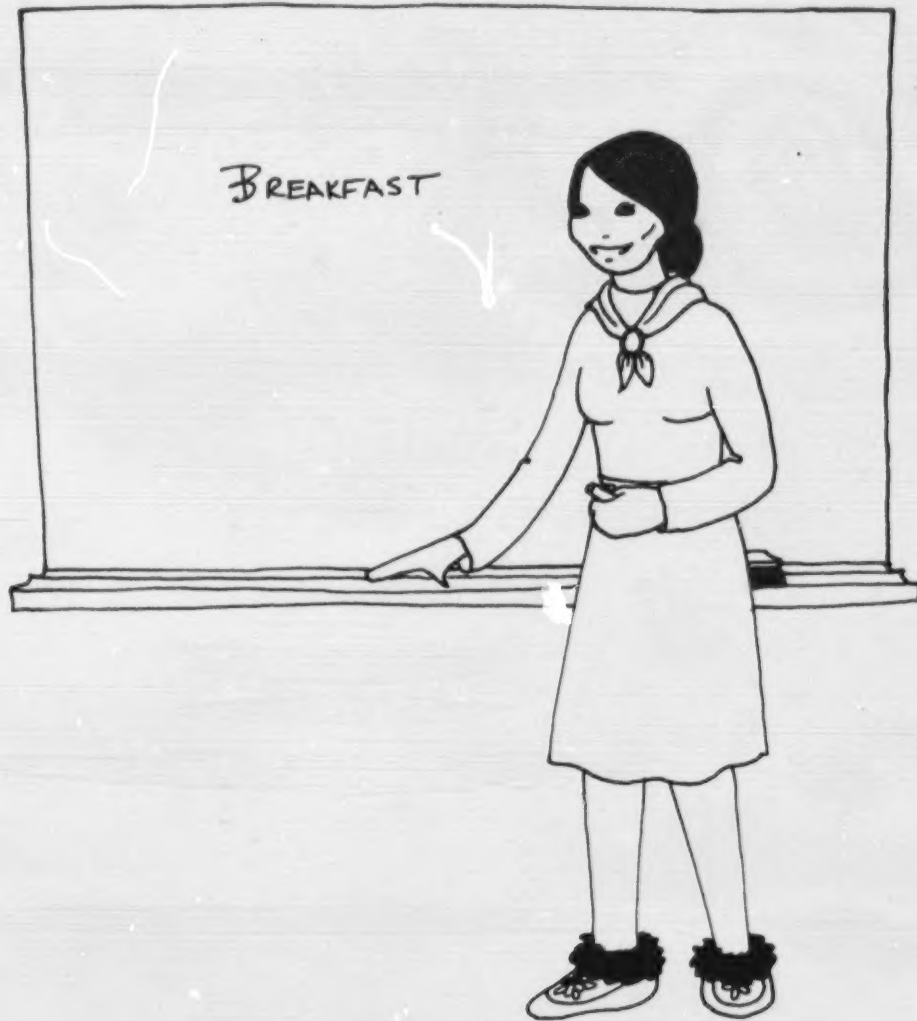
Anna: Hello! It's good to see you again. Do you know what we are going to talk about today?



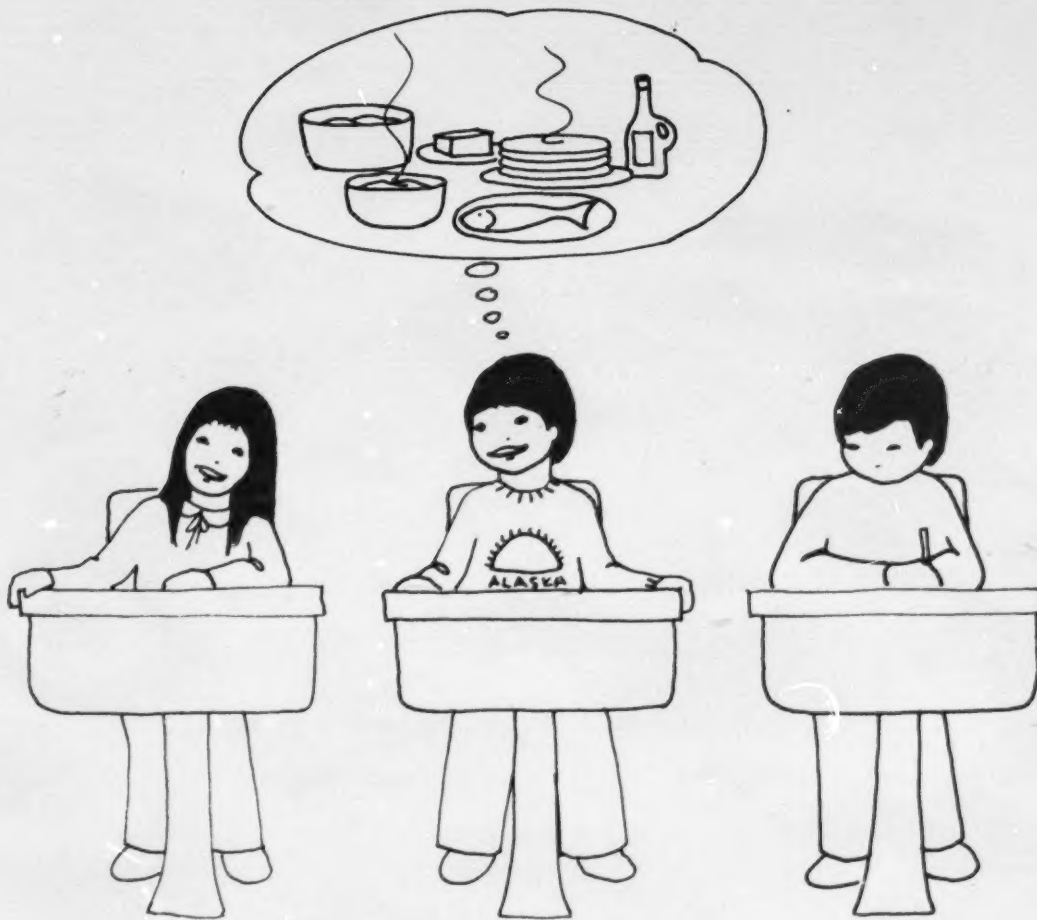
Sue: Yes, Anna. We remember. We're going to talk about food. We're going to learn about food that is good for us.



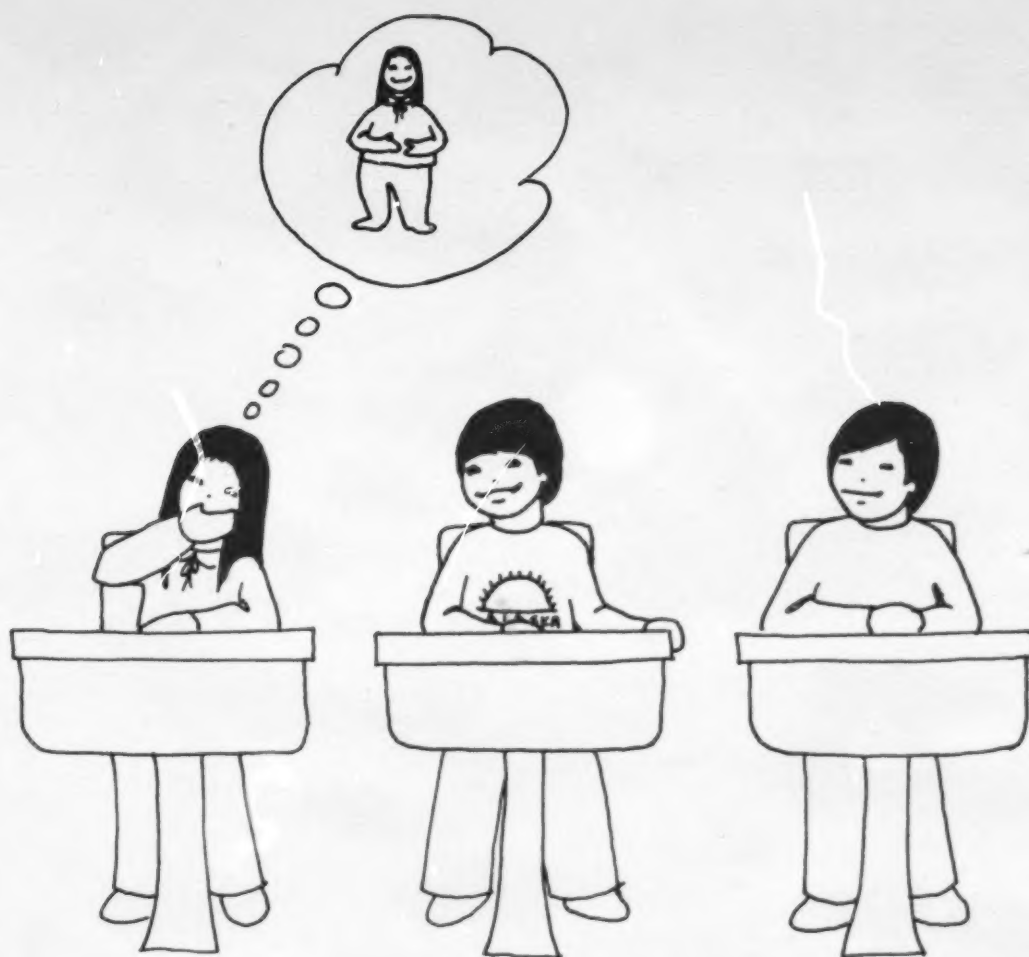
Anna: Yes, that's right. Some foods are very good for you. Some foods are bad for you. Let's talk about the foods that are good for you.



Anna: We'll talk about good food to eat in the summer.
What do we eat for breakfast? Tom, do you know?



Tom: Yes, Anna. I know lots of good food for breakfast.
There are fish eggs, mush, hot cakes with syrup
and butter, fish, and fishegg icecream.



Anna: Oh! That would be a big breakfast!

Sue: Anna, you are being funny. We don't eat all
of those things every morning!

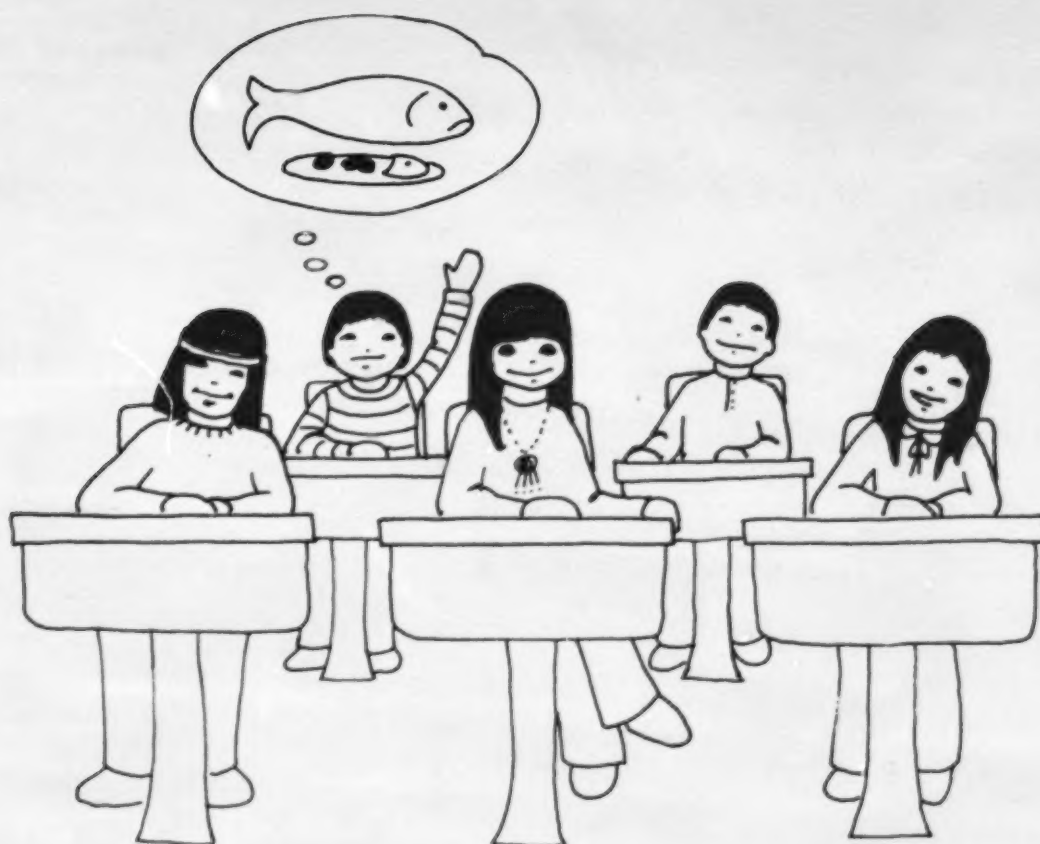


David: When we are in a hurry, we only eat a small breakfast. We eat what is left over from the night before.



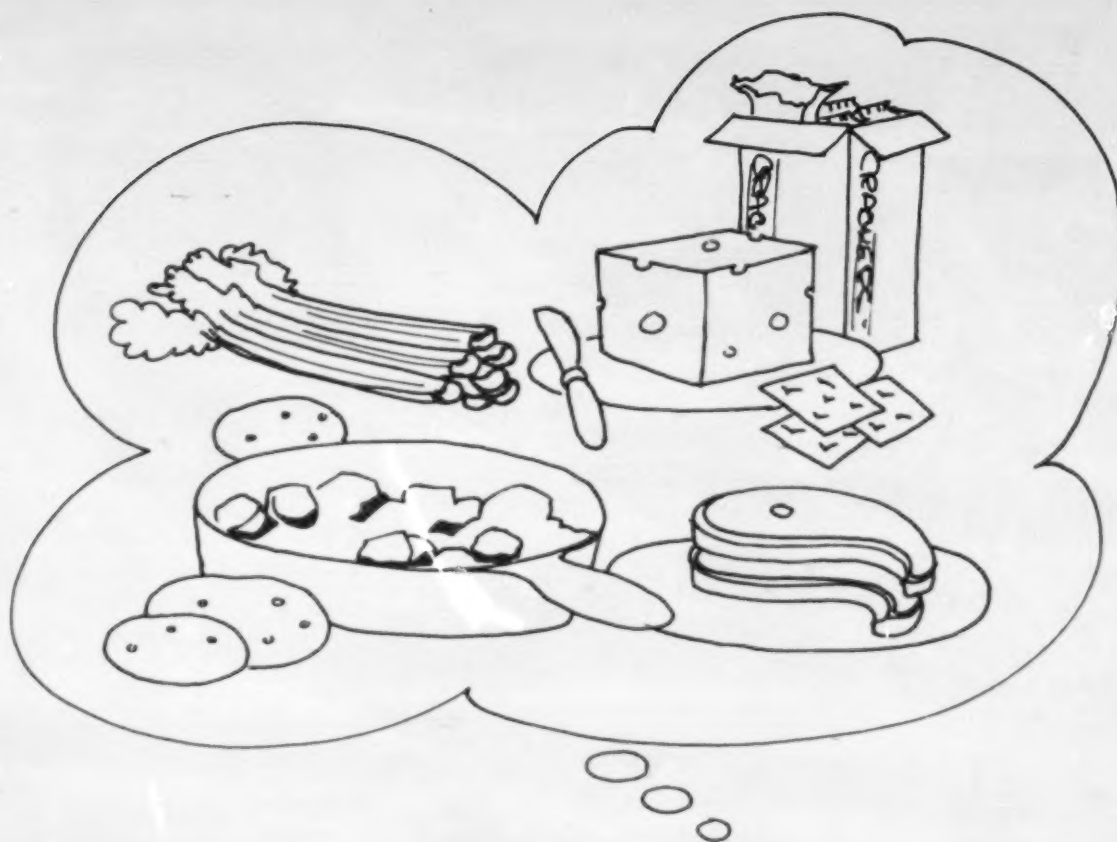
Anna: You haven't said anything about fruit. We need to eat fruit also.

Jane: We do eat fruit, Anna. We eat berries. We eat them fresh in the summer. We put them away for winter. Berries taste very good.



Anna: What are the good foods for lunch?

Sammy: I know, Anna! Fish hearts and liver and heads!



Anna: That's right. But you need more than that.

Janet: There's wild rubarb, crackers and cheese,
fried potatoes and meat.



Anna: Those are good foods. What foods are good for supper?

Sammy: All of the things we ate for lunch are good for supper.



Anna: That's right. And there are more good foods, too. There's canned fruit and vegetables, rice, bread, butter, and macarone and cheese.

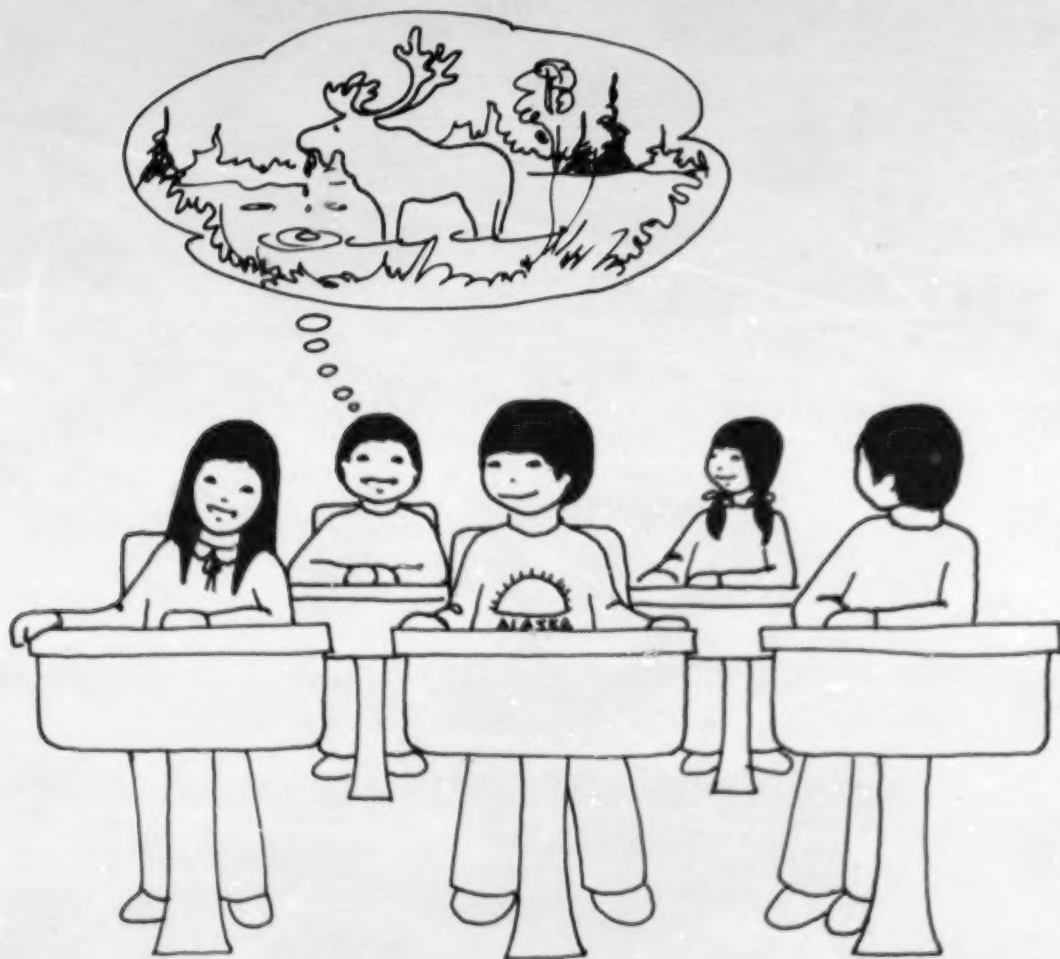


John: Anna, do you want to know what we drink?
We drink Kool-aid, lemon aid and soda!
Ummmm! I'd like to drink some now!



Anna: What drink is best for you? Who knows?

David: I know, Anna. It's milk! Yes, David, milk is very good for you. Broth is good for you, too.



Anna: Let's talk about fall. What kinds of food do we eat in the fall?

Bill: We eat moose! I like moose! I like to eat the ribs!



Anna: You're right, Bill. Fall is the time to eat fresh moose meat. There are other things, too. What are they?



Sammy: Berries!

Jane: My Mom makes pudding out of berries.

John: My Mom makes the best soup! She uses
moose or rabbit or grouse.

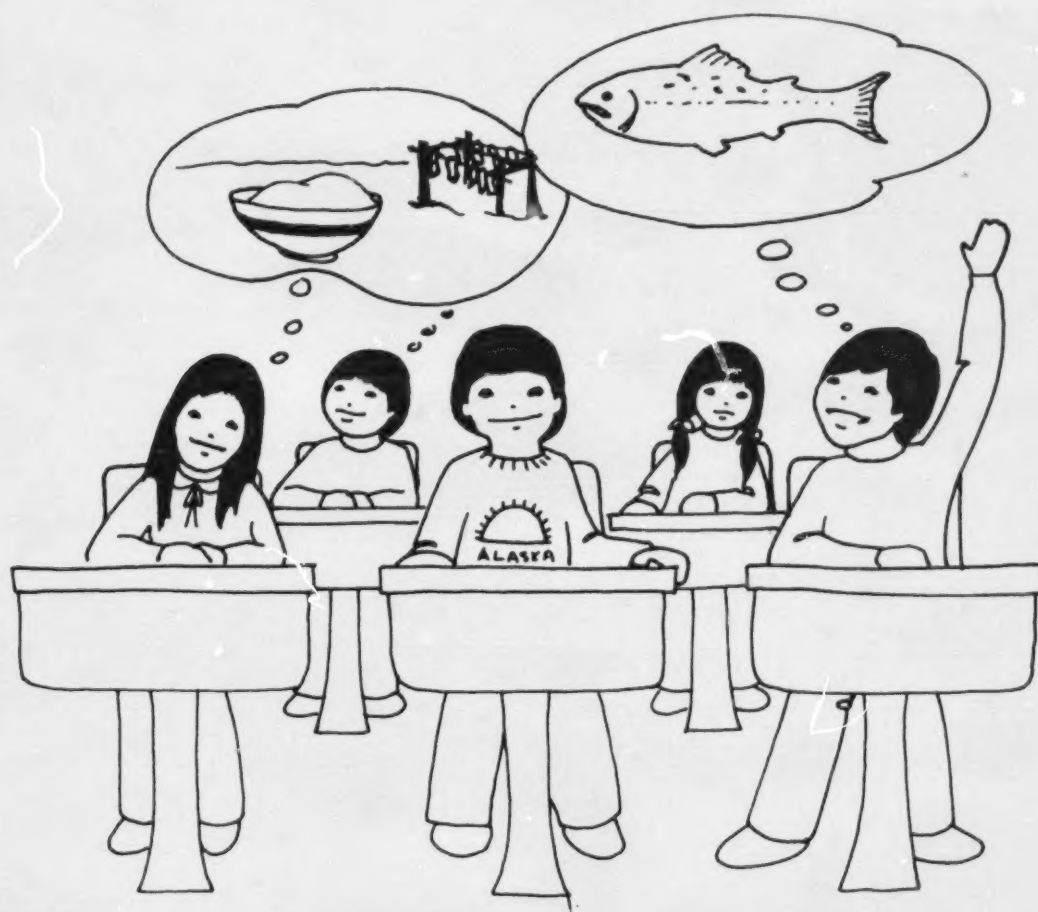


Tom: Oh, I like grouse and ducks and geese and ptarmigan!

Billy: My Mom bakes them.

Mike: So does my Mom!

Sue: Oh, Anna, we like this lesson!



Anna: Let's talk about winter. What do we eat in the winter?

Class: Salmon belly!

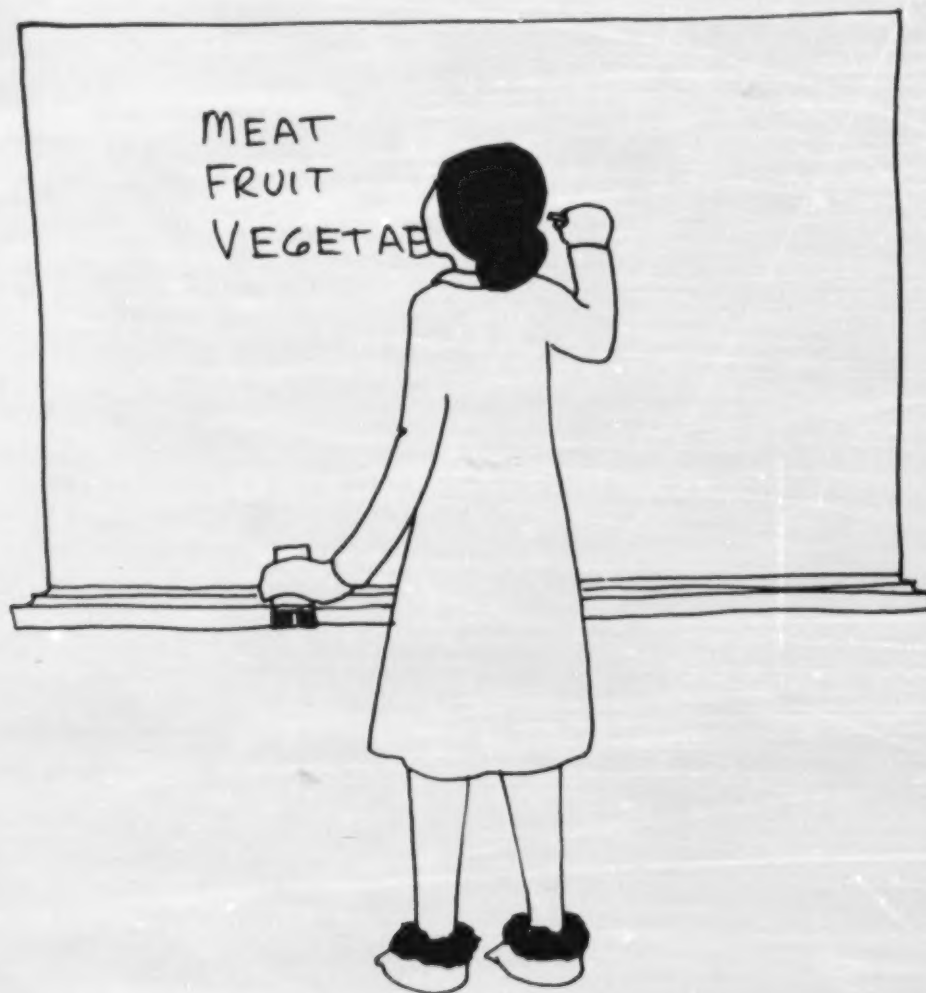
Dried fish!

Snow icecream!

Salmon strips!



Anna: Yes, all of those things. And remember, we still eat canned vegetables and fruit and dried fruit.



Anna: Be sure to eat a variety of food. You need all kinds of food to be healthy. You should have some fruit, some vegetables and some meat every day.



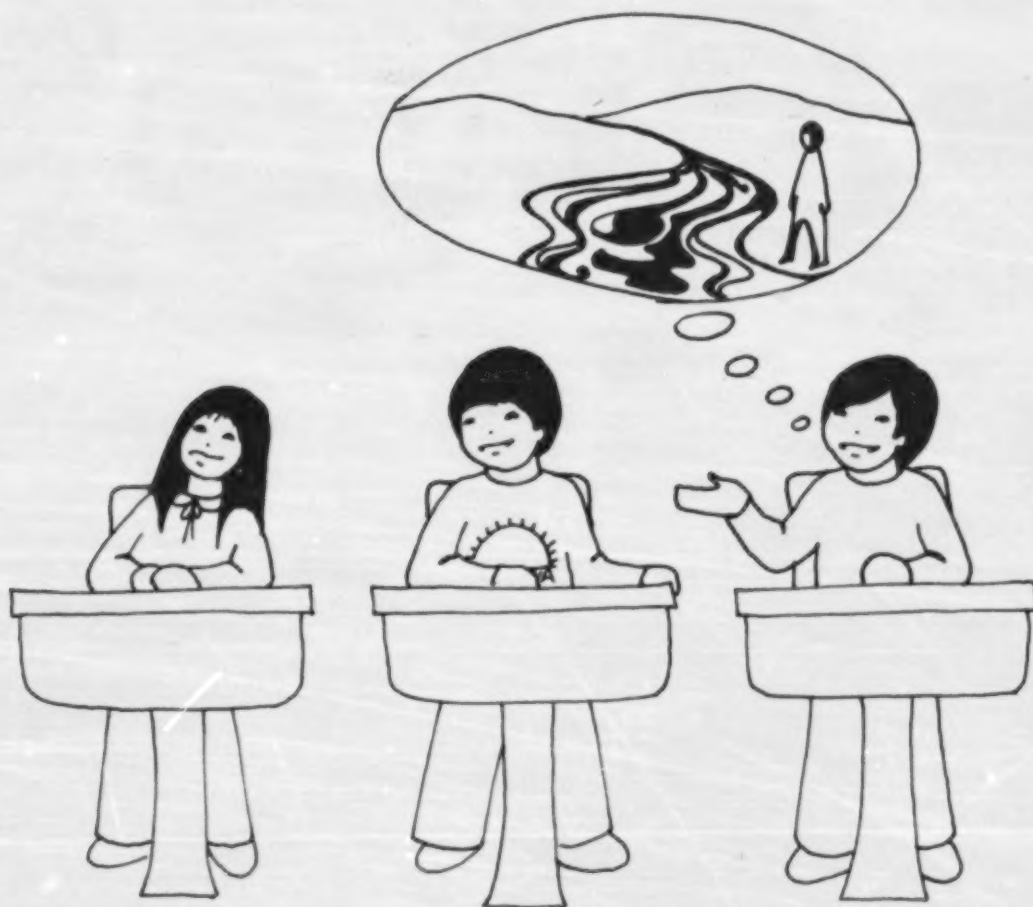
Anna: Let's talk about spring food.

Bill: I know one thing, Anna. That's muskrat.
Sometimes we have beaver, too.



Janet: Anna, why is some food just for men and some food just for women?

Anna: It is an old custom. Long ago, Raven said what food should be eaten only by men.



David: Anna, do we still need to follow the old custom ?

Anna: I don't know. You need to ask your grandmother or grandfather.

David: Anna, my grandfather said not to drink too much water. Why did he say that? I thought water was good for us.

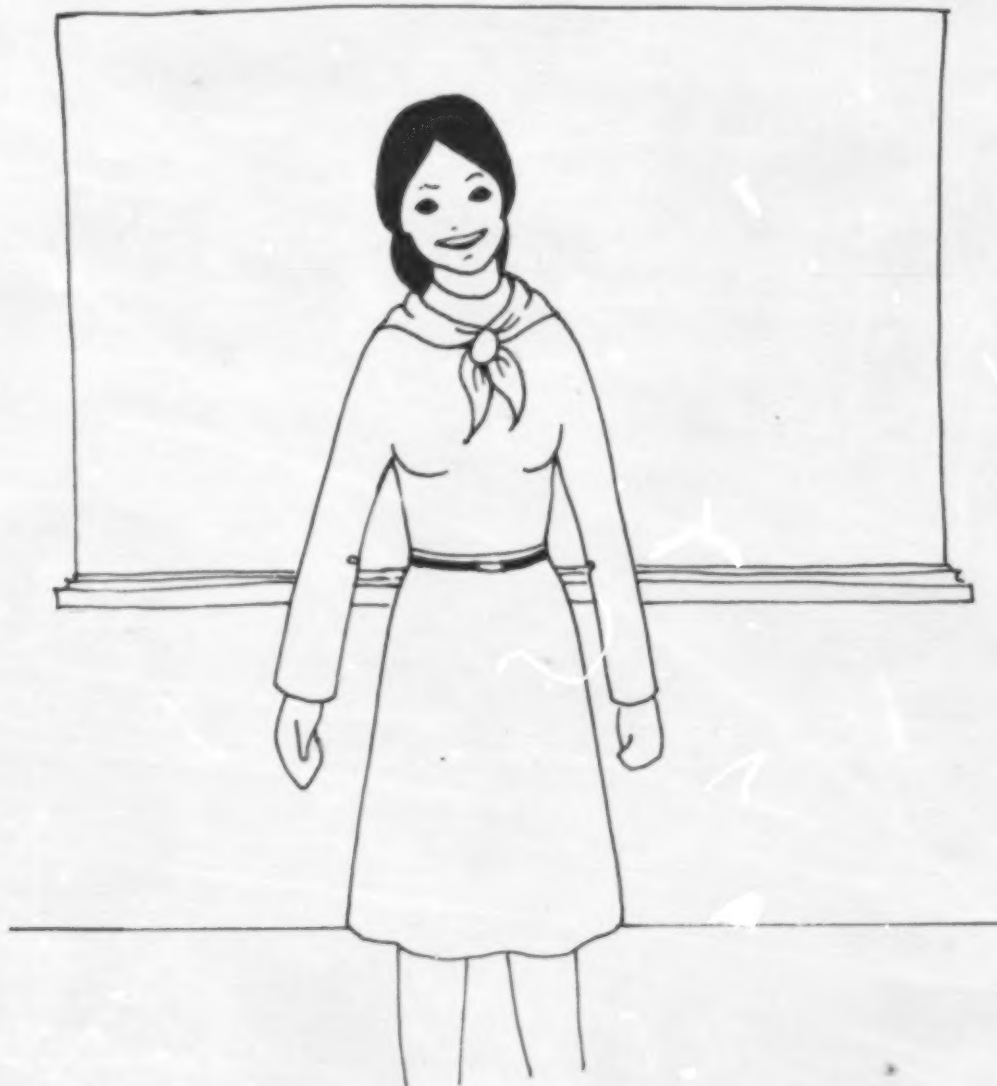


Anna: That is another old custom, David. Water only runs down hill. People thought you would be weak if you drank a lot of water. You would get tired running up hill.

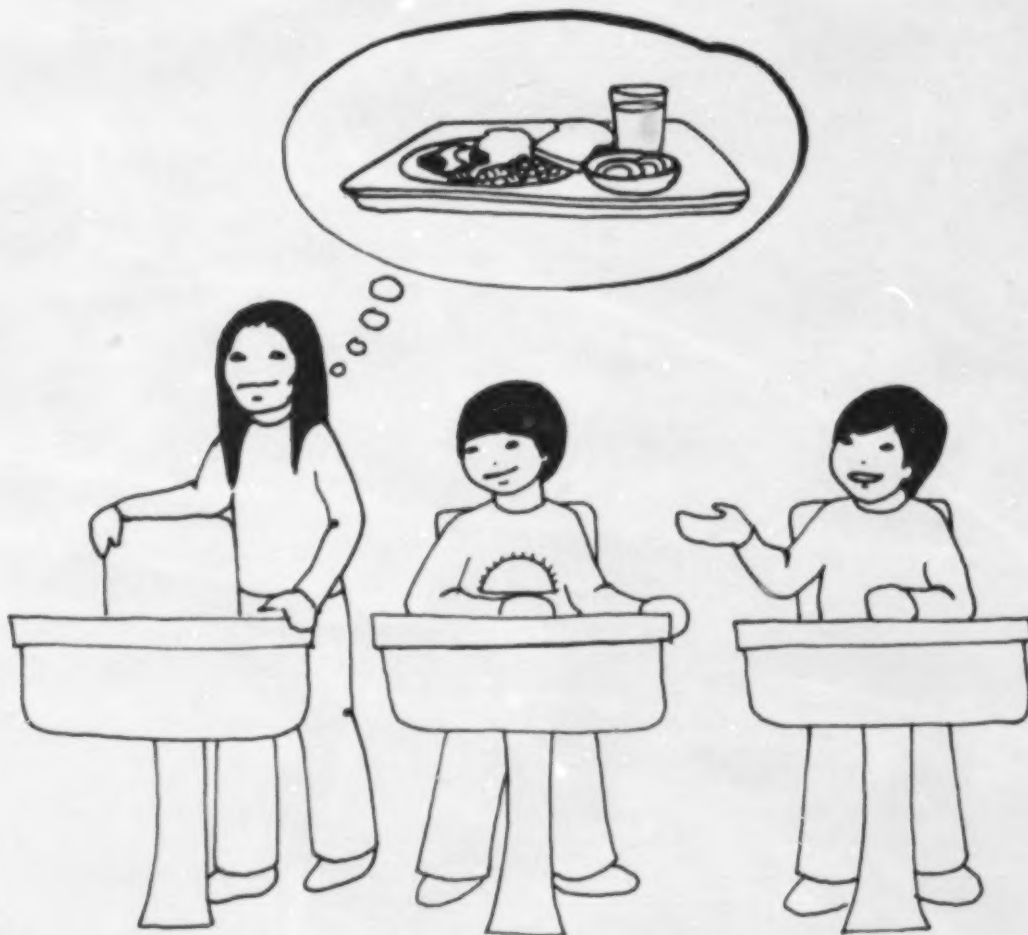


Anna: We were talking about spring food. Can you tell me anything more about spring food?

Sammv: Anna, I could name food for a long time. But it sure makes me hungry!



Anna: Maybe it's time for lunch. What are we having today? Sue, you go and ask the cook what she is cooking.



Sue: Anna, the cook says meat and gravy, potatoes, carrots, bread and butter, peaches and milk.

Anna: That's all good food.



Class: It's time for us to go to lunch. Thank you
for coming, Anna. Will you come again?

Anna: I'll be back next year. And remember,
take care of yourselves!